

QUICK KIDS

FIT CAMP!

(Introductory Camp)

Fun and Fitness

Quick Kids camp to improve performance and more...

While your child is improving fitness, speed and agility he/she will be building a lifelong love for activity and will also show improvement in social and intellectual skills. Your child will increase coordination, balance, and consequently improve self-esteem and confidence. Listening skills, attention span and the ability to follow directions will improve. Finally, your child will become more confident and challenge themselves in ways they never have before.

Introductory Camp for March and April: *Starts Saturday 3/9/10*

Our Camp for 10-14 Year Olds (coed): Saturday 1:15 - 2:15 pm
Werner gym on River Rd
\$10/session (look for monthly pricing options for future camps)

To take advantage of this introductory offer please call us at 502-345-3046 to register.



502-345-3046
www.advancedfitnessandwellness.com